

Statistics Report 09446, Plantains, green, fried [a](#)

Report Date: June 30, 2017 21:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	36.08	3	2.358	33.72	39.08	1.0	6.109	66.042	2	Analytical or derived from analytical	--	07/2009
Energy	kcal	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Energy	kJ	1293	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Protein 1 2	g	1.50	3	0.245	1.26	1.75	1.0	-1.612	4.622	2	Analytical or derived from analytical	--	07/2009
Total lipid (fat) 1 2	g	11.81	3	0.110	11.54	12.31	1.0	10.409	13.211	2	Analytical or derived from analytical	--	07/2009
Ash 1 2	g	1.44	3	0.092	1.35	1.66	1.0	0.273	2.613	2	Analytical or derived from analytical	--	07/2009
Carbohydrate, by difference	g	49.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fiber, total dietary 1 2	g	3.5	3	0.077	3.3	3.6	1.0	2.538	4.507	2	Analytical or derived from analytical	--	07/2009
Sugars, total 2	g	3.63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

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Sucrose 2	g	2.36	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Glucose (dextrose) 2	g	0.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Fructose 2	g	0.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Lactose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Maltose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Galactose 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Starch 2	g	40.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Minerals													
Calcium, Ca 1 2	mg	4	3	0.075	3	4	1.0	2.622	4.528	2	Analytical or derived from analytical	--	07/2009
Iron, Fe 1 2	mg	0.67	2	--	0.47	0.86	1.0	--	--	2	Analytical or derived from analytical	--	07/2009
Magnesium, Mg 1 2	mg	58	3	10.775	48	86	1.0	-78.535	195.285	2	Analytical or derived from analytical	--	07/2009

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Phosphorus, P 1 2	mg	44	3	3.050	40	48	1.0	5.696	83.204	2	Analytical or derived from analytical	--	07/2009
Potassium, K 1 2	mg	482	3	18.175	456	545	1.0	251.24	713.11	2	Analytical or derived from analytical	--	07/2009
Sodium, Na 1 2	mg	2	3	1.600	1	4	1.0	-18.23	22.43	2	Analytical or derived from analytical	--	07/2009
Zinc, Zn 1 2	mg	0.23	3	0.008	0.23	0.26	1.0	0.129	0.34	2	Analytical or derived from analytical	--	07/2009
Copper, Cu 1 2	mg	0.183	3	0.021	0.12	0.29	1.0	-0.087	0.453	2	Analytical or derived from analytical	--	07/2009
Manganese, Mn 1 2	mg	0.188	3	0.049	0.14	0.31	1.0	-0.438	0.815	2	Analytical or derived from analytical	--	07/2009
Vitamins													
Vitamin C, total ascorbic acid 1	mg	3.4	2	--	1.4	5.4	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Thiamin 1	mg	0.047	2	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Riboflavin 1	mg	0.102	2	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Niacin 1 2	mg	0.818	3	0.118	0.7	0.98	1.0	-0.682	2.318	2	Analytical or derived from analytical	--	07/2009

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Pantothenic acid 1	mg	0.388	2	--	0.33	0.45	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Vitamin B-6 1	mg	0.264	2	--	0.26	0.27	1.0	--	--	1	Analytical or derived from analytical	--	07/2009
Folate, total 1	µg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Folate, food	µg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Vitamin A, RAE 1	µg	60	3	--	53	67	--	--	--	1	Analytical or derived from analytical	--	07/2009
Carotene, beta 1	µg	548	3	--	460	616	--	--	--	1	Analytical or derived from analytical	--	07/2009
Carotene, alpha 1	µg	332	3	--	268	385	--	--	--	1	Analytical or derived from analytical	--	07/2009
Cryptoxanthin, beta 1	µg	2	3	--	1	5	--	--	--	1	Analytical or derived from analytical	--	07/2009
Vitamin A, IU 1	IU	1192	3	--	1,053	1,348	--	--	--	1	Analytical or derived from analytical	--	07/2009
Lipids													
Fatty acids, total saturated	g	3.690	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

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6:0 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
10:0 2	g	0.016	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
12:0 2	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
14:0 2	g	0.127	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
15:0 2	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
16:0 2	g	2.269	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
17:0 2	g	0.036	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:0 2	g	1.196	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:0 2	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:0 2	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Fatty acids, total monounsaturated	g	4.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
14:1 2	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
15:1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
16:1 undifferentiated 2	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
16:1 c 2	g	0.186	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
16:1 t 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
17:1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:1 undifferentiated 2	g	4.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:1 c 2	g	3.965	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t 2	g	0.113	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:1 2	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:1 undifferentiated 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:1 c 2	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:1 t 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
24:1 c 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Fatty acids, total polyunsaturated	g	2.697	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
18:2 undifferentiated 2	g	2.348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:2 n-6 c,c 2	g	2.278	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:2 CLAs 2	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined 2	g	0.043	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:3 undifferentiated 2	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:3 n-3 c,c,c (ALA) 2	g	0.212	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:3 n-6 c,c,c 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
18:4 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:2 n-6 c,c 2	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:3 undifferentiated 2	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:3 n-6 2	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:4 undifferentiated 2	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
20:5 n-3 (EPA) 2	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009

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22:4 2	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:5 n-3 (DPA) 2	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
22:6 n-3 (DHA) 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2009
Fatty acids, total trans	g	0.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009
Fatty acids, total trans-monoenoic	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2009

Sources of Data
¹*Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995* Beltsville MD
²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11h, 2007* Beltsville MD

Footnotes
^a Fatty acid values reflect plantains fried in corn oil.